

# DRUGS OF ABUSE

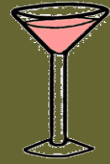


**CNS DEPRESSANTS - Drugs**  
***that depress the overall  
functioning of the Central  
Nervous System (CNS) to  
induce sedation, muscle  
relaxation, and drowsiness\*.***

***\* "Uppers, Downers, All Arounders, 3<sup>rd</sup> Edition",  
CNS Productions***



# ***ALCOHOL***



- ★ Alcohol is the MOST ABUSED drug by Soldiers.***
- ★ Alcohol is a Central Nervous System (CNS) depressant.***
- ★ Alcohol is considered to be a gateway drug to other drug use.***
- ★ A standard alcohol drink is considered to be:***
  - ⊠ One 12-ounce bottle of beer/wine cooler***



# ***ALCOHOL***



***\*Alcohol is also known as:***

- ▯ ***Juice***
- ▯ ***Sauce***
- ▯ ***Booze***
- ▯ ***Grog***
- ▯ ***Piss***

***\* Some effects of alcohol are:***

- ▯ ***Slurred Speech***
- ▯ ***Blurred Vision***
- ▯ ***Loss of Inhibitions***
- ▯ ***Impaired Motor Skills***
- ▯ ***Nausea/Vomiting***
- ▯ ***Unconsciousness***





# ***BARBITURATES***



- ♦ *Barbiturates are prescription sedatives or tranquilizers.*
- ♦ *Barbiturates are multi-colored pills and tablets and are Central Nervous System (CNS)*

*depressants that cause*

*drowsiness.*

Downers

Sleepers

Stumblers

Barbs

Red

Devils

Rainbows

★ *Barbiturates are also known as:*

# ***BARBITURATES***

- ***Barbiturates are most often consumed to get “high”.***

- ***Barbiturates can cause:***

- ▮ ***Sleepiness***
- ▮ ***Irregular Menstruation***

- ▮ ***Nausea/Dizziness***
- ▮ ***Vertigo***

- ▮ ***Impaired Senses***
- ▮ ***Coma***

- ▮ ***Lack of Motivation***
- ▮ ***Death***

- ▮ ***Loss of Sexual Drive***

- ***Barbiturates are prescribed to treat***

- ▮ ***Anxiety***

- ▮ ***Depression***

- ▮ ***Epilepsy***

- ▮ ***Insomnia***

- ▮ ***Alcohol and Other Drug (AOD) Withdrawal***



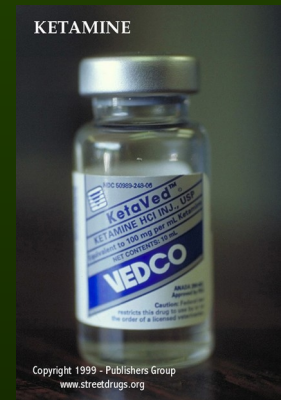
# ***KETAMINE***

- ⊕ Ketamine, or ketamine hydrochloride, is a Central Nervous System (CNS) Depressant and a dissociative anesthetic, or a drug that separates perception from sensation.***
- ⊕ Ketamine is used primarily as an anesthetic in veterinary medicine, but is also sometimes used with small children and the elderly.***
- ⊕ Ketamine can be found as a clear white liquid or as a white powder.***

# ***KETAMINE***

✦ ***Ketamine can be ingested several different ways:***  
Injected    ▯ Snorted    ▯ Smoked    ▯ Orally - In a pill or liquid form

✦ ***Ketamine is also called:***  
▯ K    ▯ Kit Kat    ▯ Special K    ▯ Super Acid





# ***KETAMINE SIDE EFFECTS***

- Chronic Depression
- High Blood Pressure
- Muscle Rigidity
- Respiratory Distress
- Paralysis
- Stroke
- Heart Attack

- Death

□ ***"K-Hole"*** - Slang for the near- death or out-of-body experience that Ketamine causes.



Ketamine Box (Anesket)

Photo by Jesse & Michael H., © 2001 Erowid.org



# OPIATES

• *Opiates are drugs that are derived from the Poppy Plant and are Central Nervous System (CNS) depressants.*

• *The most common opiates are:*

- *Opium*
- *Heroin*
- *Morphine*
- *Codeine*



• *Opium is derived from several different poppy plants:*

Opium	Opium	Opium	Opium
Opium	Opium	Opium	Opium
Opium	Opium	Opium	Opium

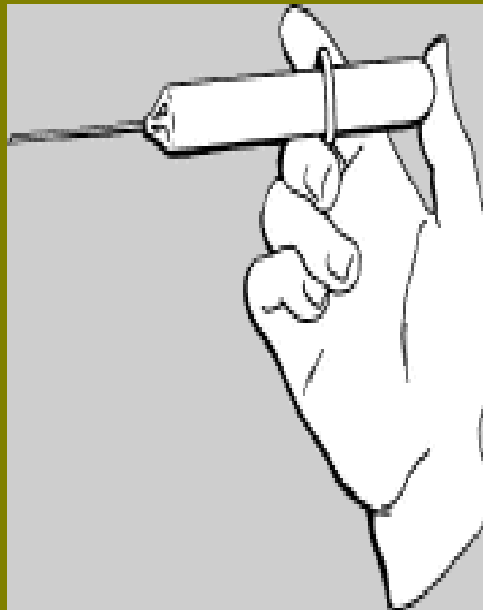
# ***HOW ARE OPIATES CONSUMED?***

## ***Snorted*** -

Because of the high potency of heroin today, more and more users are

snorting the ~~drug.~~  
***Smoked*** - The method of choice for opium is smoking the tar like substance.

Other opiates are often smoked on top of marijuana. This is known as "snow capping".



***Injected*** - Injecting opiates, specifically heroin, is still the choice ingestion method. Many addicts choose to inject the drug because of the quick and powerful onset of the effects.

***Eaten*** - All opiates can be consumed orally. Many prescription pain killers on the market today are opiates.

# ***OPIATES SIDE EFFECTS***

- ▣ Absence of Stress
- ▣ Nausea/Vomiting
- ▣ Sleepiness
- ▣ Constipation
- ▣ Itchy Skin
- ▣ Impaired Vision
- ▣ Altered Mental Process
- ▣ Collapsed Veins
- ▣ Menstrual Irregularities
- ▣ Loss of Sex Drive
- ▣ Liver Damage
- ▣ Kidney Damage
- ▣ Lung Damage
- ▣ Brain Damage
- ▣ Immune System Damage
- ▣ Overdose/Death



# ***OXYCONTIN***

- *Oxycontin is a synthetic opium derivative that is available by prescription.*
- *Oxycontin is an extremely potent pain killer that comes in time release tablets that last for up to twelve hours.*

# ***OXYCONTIN***

• ***Oxycontin has been linked to over 120 overdose deaths nationwide. In addition to overdose, some***

***serious side effects are:***

▮ Chestpain

▮ Nausea/Vomiting

▮ Muscle Weakness/Aches

▮ Breathing Difficulties

▮ Fever

▮ Seizures

• ***Oxycontin is also called:***

▮ OCs

▮ XYs

▮ Oxycoffins

▮ Oxycotton



# ***GHB***



- ✦ ***GHB, or Gamma Hydroxylbuteric acid, is a central nervous system (CNS) depressant that sometimes causes hallucinations.***
- ✦ ***GHB is usually found as a clear liquid with a slightly salty taste, but can also be found as a small tablet or capsule, all of which dissolve quickly in liquid.***
- ✦ ***GHB usually is sold by capful or teaspoon, also known as a “dose”.***



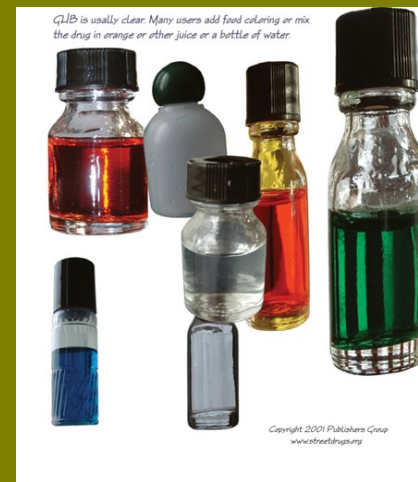


# ***GHB***



## ▲ ***GHB is also known as:***

- ▢ Georgia Home Boy
- ▢ Liquid X
- ▢ Gamma X
- ▢ Gook
- ▢ Fantasy
- ▢ Grievous Bodily Harm



## ▲ ***The side effects of GHB depend on the amount consumed and can be felt within one hour of ingestion:***

▢ Dizziness/Nausea

▢ Reduced

Inhibitions

▢ Slurred Speech

▢ Grogginess

▢ Vertigo/Sight Problems

▢ Coma/Death





# ***ROHYPNOL***



- *Rohypnol (chemical name - flurizrazepam) is a CNS Depressant that is more than ten times as strong as Valium.*
- *Rohypnol belongs to the benzodiazepines family, which also includes drugs such as Valium, Librium, and Xanax.*
- *Rohypnol is known as a “Date Rape Drug” due to its association with sexual assaults.*
- *Rohypnol is almost always ingested orally in either the pill form or dissolved in a*

# ***ROHYPNOL***

- ***Rohypnol is sometimes also called:***

- Forget Me
- Roach
- Roophies Drug
- Rib
- Rope
- Circles

- ***There are several side effects associated with Rohypnol use:***

- ▢ Disinhibition
- ▢ Blackouts (can last 8-24 hours)
- ▢ Slurred Speech
- ▢ Dizziness/Nausea
- ▢ Aggressive Behavior
- ▢ Amnesia
- ▢ Overdose
- ▢ Respiratory Distress
- ▢ Death



Though typically white in color, flunitrazepam pills recently seized in Egypt were of a brownish-pink tint, indicating a counterfeit product.

**CNS STIMULANTS - Drugs**  
*that increase the chemical  
and electrical activity of the  
Central Nervous System  
(CNS) and make the user  
more alert, active, anxious,  
restless and, in general,  
more stimulated than*

*\* "Uppers, Downers, All Arounders, 3<sup>rd</sup> Edition",  
CNS Productions*

*normal\**



# ***AMPHETAMINES***



***Amphetamines are generally a white or off- white powder that can be ingested orally, snorted, or injected.***

***The side effects of amphetamine abuse can include:***

***Decreased  
Appetite***

***Body Tremors***

***Irregular  
Heartbeat***

***Loss of  
Coordination***

***Chronic  
Psychosis***

***Chronic Anxiety***

***Brain Damage***

***Coma/Death***

# ***AMPHETAMINES***

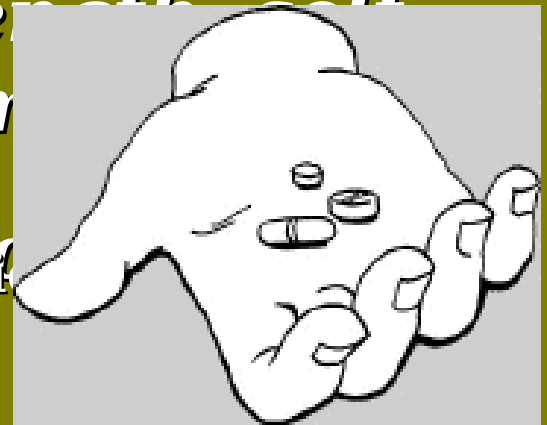
▫ ***Amphetamines are powerful stimulants that increase activity in the Central Nervous System (CNS), or speed up the way the human body works.***

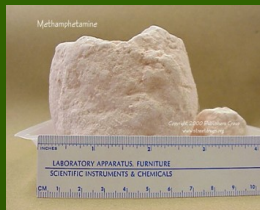
▫ ***Amphetamines are drugs that induce false feelings of power, strength, self-assertion and enhanced motivation.***

▫ ***Amphetamines are also known as:***

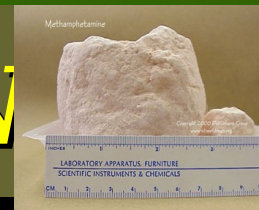
▫ Speed ▫ Jolies ▫ Black Beauties

▫ Wake Ups ▫ Bennies ▫ Crystal





# ***METHAMPHETAMINE***



- ✧ ***Methamphetamine is a powerful, synthetic Central Nervous System (CNS) Stimulant.***
- ✧ ***Methamphetamine is generally a white or off-white powder that can be ingested several different ways:***
  - ▢ ***Orally - In a pill form***
  - ▢ ***Snorted - This can cause severe damage to the interior and exterior of the nose.***
  - ▢ ***Intravenously - The methamphetamine can be injected into either the blood stream or the muscle tissue***
  - ▢ ***Smoked - Methamphetamine is sometimes smoked by itself or on top of marijuana***

# ***METHAMPHETAMINE***

▯ ***Methamphetamine is also known as:***

▯ Ice      ▯ Meth      ▯ Crystal      ▯ Crystal Meth

▯ ***The side effects of methamphetamine are so serious that they can effect the abuser for the rest of their life:***

▯ Anxiety/Panic

▯ Birth Defects

▯ Attacks

▯ Chronic

▯ Severe

▯ Depression

▯ Psychological

▯ Kidney

▯ Problems

▯ Disorders

▯ Stroke

▯ Lung Disorders

▯ Immune System Damage

▯ Death



# COCAINE

- ✦ *Cocaine is a bitter, white, odorless, crystalline drug.*
- ✦ *Cocaine is a Schedule II drug and is classified as a CNS stimulant.*
- ✦ *Cocaine is extracted and refined from the Coca Plant, which grows primarily in the Andean region of South America.*
- Dust • Blow • Candy
- ✦ *Cocaine is also known as*
  - Snow • Crack • Coke







# COCAINE



▲ *The side effects of cocaine use can be extremely dangerous:*

▯ Dilated

▯ Pupils

▯ Increased Heart

▯ Rate

▯ Nausea/Vomiting

▯

▯ Psychosis

▯ Fear/Paranoia

▯ Kidney

▯ Failure

▯ Seizures

▯ Strokes

▯ Overdose/Death

▯

▲ *The level and length of the effects depend on how the drug was induced.*

Onset

Duration

Snorted

1 minute

20-40  
Minutes

Injected

1-5  
Seconds

15-20  
Minutes

**HALLUCINOGENS - Drugs**  
***that cause intensified  
sensations, mixed-up  
sensations (visual input  
becomes sound), illusions,  
delusions, hallucinations,  
stimulation, and impaired  
judgment and reasoning.***

\* "Uppers, Downers, All Arounders, 3<sup>rd</sup> Edition",  
CNS Productions \*

# LSD

- ▮ *LSD is hallucinogenic chemical that is derived from a parasitic fungus that grows on rye.*
- ▮ *LSD is produced as a crystal, then dissolved in alcohol prior to sale and consumption.*
- ▮ *LSD users describe their experience with the drug as a “trip”.*



Aci



Trips

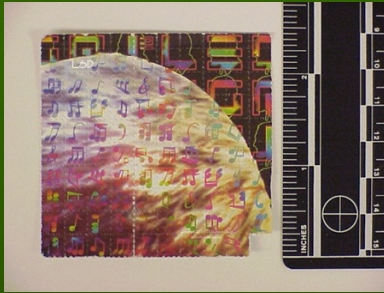


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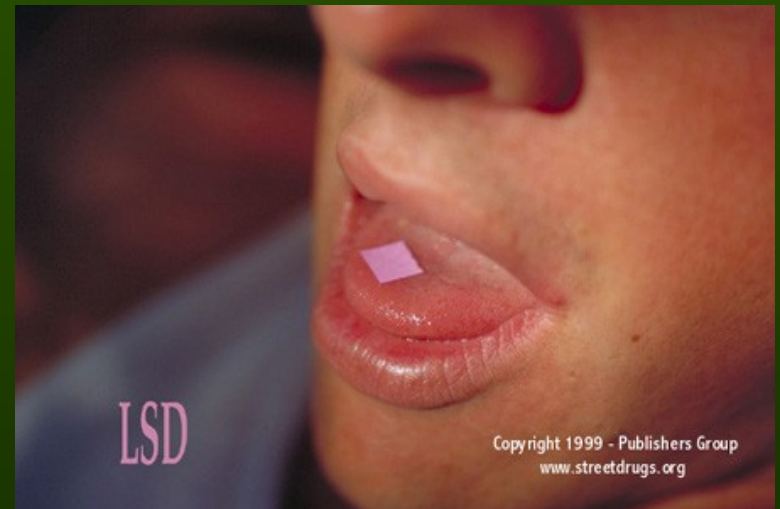
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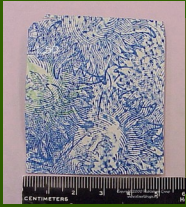
▮ *LSD has become known*



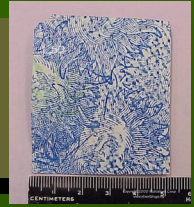
# ***HOW IS LSD CONSUMED?***

***LSD is generally taken orally, either as a pill, a piece of blotter paper (as seen on right), or via liquid dripped onto a sugar cube. LSD can also be absorbed through the users skin.***





# ***LSD SIDE EFFECTS***



## ***Physical side of effects of LSD include:***

- Dilated Pupils
- Body Tremors

- Extreme Sweating
- Nausea

- Loss of Appetite
- Seizures

## ***Most psychological side effects are due to severe changes to the users***

***perception, thought, and fusion of Senses (i.e.***

- Hallucinations
- Loss of Depth

- Perception of feelings of fear and anxiety - “BAD TRIPS”

- Seeing Music and Hearing Colors)
- Distorted Perception of Time

- True Hallucinations



# ***MUSHROOMS***



- ▯ *Mushrooms that contain PSILOCYBIN are known as ‘magic mushrooms’ as they contain hallucinogenic properties.*
- ▯ *Magic mushrooms have been used by several cultures to induce altered states of consciousness during their religious rituals.*
- ▯ *Mushrooms can be consumed in a variety of manners:*
  - ✧ ***Eaten** - Either raw or cooked, much like non-hallucinogenic mushrooms.*
  - ▯ ***Drank** - Heated with water to make a tea or soup.*

# ***MUSHROOMS***

*The side effects of Mushrooms vary greatly depending upon the strength and purity of the fungus:*

➤ *Stomach Pains*

➤ *Mental Disorders*

➤ *Increased Heart Rate*

➤ *Anxiety/Panic Attacks*

➤ *Nausea/Vomiting*

➤ *Flashbacks*

➤ *Diarrhea*

➤ *Impaired Judgement*



# ***PCP***

▮ ***PCP is classified as a hallucinogen and a dissociative anesthetic, or drug that separates perception from sensation.***

▮ ***PCP comes in several forms***

- ***Crystalline Powder***
- ***Colored Powder***
- ***Diluted in Water***
- ***Pills***
- ***Capsules***

▮ ***PCP is also known as:***

- |                       |                       |
|-----------------------|-----------------------|
| ➤ <i><b>Angel</b></i> | ➤ <i><b>Sherm</b></i> |
| <i><b>Dust</b></i>    |                       |
| ➤ <i><b>Boat</b></i>  | ➤ <i><b>Dust</b></i>  |





# ***PCP***

## ***PCP can be ingested several ways:***

- ***Orally - In liquid or pill form***
- ***Smoked***
- ***Snorted***
- ***Injected***



## ***PCP has been known to be used in combination with other substances:***

- ***LSD - “Super Tripping”***
- ***Marijuana - “Killer Weed” or “Boat”***
- ***Tobacco - “Sherms”, usually with menthol cigarettes to sooth the burning of the hot PCP smoke.***
- ***Mint/Parsley - “Green”***



# ***PCP SIDE EFFECTS***



***The side effects of PCP use can cause serious long term damage to the human body:***

➤ Irregular Heart Rate

➤ Nausea/Vomiting

➤ Loss of Reflexes

➤ Chronic Psychosis

➤ Kidney Failure

➤ Brain

➤ Hemorrhaging

➤ Schizophrenia

➤ Coma

➤ Death

Cigarette with PCP in Formaldehyde



# **MIND ALTERING DRUGS -**

***Drugs that cannot be classified into any single category. Mind altering drugs can contain CNS depressant, CNS stimulant, and/or hallucinogenic properties\*.***

***\* "Uppers, Downers, All Arounders, 3<sup>rd</sup> Edition",  
CNS Productions***



# ***THC***



- ***THC (Marijuana) is the MOST ABUSED illicit drug in the United States Army and is considered to be a “Gateway Drug”.***
- ***Delta 9 - Tetrahydrocannabinol (THC) is the active ingredient that causes the “high”.***
- ***THC is psychologically addictive - abuse and addiction is frequently denied.***
- ***Marijuana is a psychoactive or mind altering drug.***
  - ***Psychoactive drugs can produce a mind state similar to psychosis.***

# ***THC (THREE BASIC FORMS)***

- ✦ ***Marijuana*** - Made from the leaves, flowers or stems of the hemp plant.
- ✦ ***Hash/Hashish*** - Concentrated form of marijuana by compressing marijuana resins into small blocks.
- ✦ ***Hash Oil*** - Made by soaking marijuana in a chemical solvent (such as rubbing alcohol) and then evaporating the solvent to obtain an oil concentrate.



# THC

- *THC is also called:*

▯ Weed   ▯ Grass   ▯ Dope   ▯  
▯   ▯ Joints   ▯ Tar   ▯ Green  
Blunts   Bud



## *THC is associated with many side effects*

▯ Short Term Memory	▯ Paranoia	▯ Loss of Sexual Drive
▯ Loss Dry	▯ Hallucinations	▯ Bronchitis
▯ Mouth/Throat	▯ Panic Attacks	▯ Lung Cancer
▯ Sleepiness		
▯ Increased Heart Rate	▯ Psychosis	▯ Brain Damage

# ***INHALANTS***

- ***Inhalants are breathable chemical vapors that produce mind altering effects.***
- ***Inhalants are often abused because they are readily available, inexpensive, and can be found almost anywhere.***
- ***There are three different types of inhalants:***

▮ ***Solvents***

▮ ***Gases***

▮ ***Nitrites***





# ***HOW ARE INHALANTS INGESTED?***

¥ ***Inhalants are ingested into the body by breathing in the vapors of the product. Several methods of inhalation are used by abusers:***



➤ ***Use of a Bag*** - The bag is filled with the vapors and the user breathes air from the bag. Sometimes users will put their entire head into the bag.

➤ ***Use of a Rag*** - The rag is soaked in the product and the user presses the rag over his/her mouth and nose.

➤ ***Pressurized Containers*** - Some abusers will inhale the product directly from the container.



# ***INHALANTS***

□ ***Many of the products that are abused are everyday household items:***

□ Glue/Rubber Cement

□ White-out

□ Aerosols/Hair Spray

□ Toxic Markers

□ Gasoline/Propane

□ Room Odorizers

□ ***Use of inhalants can cause serious long term damage to the***

***body:***  
□ ***Sight/Vision Disorders***

□ ***Liver Damage***

□ ***Kidney Damage***

□ ***Bone Marrow Damage***

□ ***Brain Damage***

□ ***Paralysis/Death***



**PERFORMANCE ENHANCING**  
**DRUGS** - *Energy producing drugs that are thought to possess various capabilities to boost an athlete's performance by giving them a competitive edge\*.*

\* "Uppers, Downers, All Arounders, 3<sup>rd</sup> Edition",  
CNS Productions

# ***ANABOLIC-ANDROGENIC STEROIDS***

***▮ Anabolic Steroids are synthetic drugs that relate to the male sex hormones, or androgens.***

***▮ Anabolic-androgenic Steroids are more commonly known as “Anabolic Steroids”.***

# ***ANABOLIC-ANDROGENIC STERIODS***

***Anabolic Steroids Effect the Human Body in Two Major Areas:***

- 1) The anabolic effects of the drugs promote the growth of skeletal muscle.***
- 2) The androgenic effects of the drugs promote the development of male sexual characteristics.***



# ***HOW ARE THEY EN?***

***Anabolic Steroids can be ingested in a variety of ways:***

***1) Orally - In a pill or liquid form.***

***2) Intravenously - Injected with the use of a hypodermic needle.***

***3) Rubbed onto the skin with the steroid in a gel or cream form.***

***\*\*\*Some steroid users mix different types and amounts of these drugs to increase the effects. This is call "Stacking".\*\*\****

# ***STEROIDS SIDE EFFECTS***

- ▣ Baldness
- ▣ Sterility
- ▣ Brain Damage
- ▣ Blood Clotting
- ▣ High Blood Pressure
- ▣ Liver Cancer
- ▣ Hepatitis
- ▣ Eye Infections
- ▣ Kidney Disease
- ▣ Chronic Depression
- ▣ Loss of Memory
- ▣ Loss of Interest
- ▣ *“Roid Rage” - An over aggressive, and sometimes homicidal, attitude associated with steroid use*



# **UNITED STATES ARMY CENTER FOR SUBSTANCE ABUSE PROGRAMS**



**For more Information Contact:  
ACSAP**

**E-mail: [upl.acsap@usadaoa-emh1.army.mil](mailto:upl.acsap@usadaoa-emh1.army.mil)**